



REGIONAL SELF ADVOCACY

NEWSLETTER

SONOMA * NAPA * SOLANO

MAY 2013

Helping His Community

Donald Blair helps make sure people in Solano County have enough food to eat. As a volunteer for the Solano County Food Bank, Donald's job is to fill mesh bags with oranges, then put the filled bag into the correct bin before being given to low income families.

Donald has only lived in Solano County for about 6 months. Before that, he lived at Sonoma Developmental Center for 50 years. Even though he's new to Solano County, Donald does a lot to help his new community. Besides volunteering at the Food Bank, Donald also helps keep local parks clean and he recycles bottles and cans. Donald gets support from Dungarvin. Dungarvin staff gave Donald opportunities to try different activities, they saw what Donald was already good at doing and they helped him learn to do more.

Donald doesn't say a lot with words, but he communicates clearly. It's easy to tell when Donald likes something because his whole face lights up.



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Regional Self Advocacy County Conferences

Napa/Solano County

Wed, June 5, 2013

10:00 am – 1:00 pm

Solano Co Office of Ed, 5100

Business Center Dr,

Fairfield

Sonoma County

Wed, July 17, 2013

10:00 am – 1:00 pm Rohnert

Park Com Ctr, 5401 Snyder

Lane, Rohnert Park

Please bring your own lunch. We are not able to provide lunches for these meetings (sorry!).

If you have questions or to RSVP, please contact:

Randy Kitch, NBRC,

707-256-1162,

randyk@nbrc.net

Cindy Ruder, Area Board 4,

707-953-8403,

cindy.ruder@scdd.ca.gov



Recy*K*A*L

Kathy, Adam, and Liz are starting their own bottle and can recycling business called “Recy*K*A*L”. They want to keep going to SDS because they like the activities there and seeing friends at SDS, so SDS is helping Kathy, Adam, and Liz get Recy*K*A*L up

and running. SDS is giving them gloves and bags to get started, helping them work on a business plan, and letting them use an SDS van and an SDS phone number for their business. Kathy, Adam, and Liz are getting help from Sheryl, an SDS staff person who is always very supportive of them. Liz said, “Sheryl helps us. She’s an asset.”



To get some ideas and information for their business, Kathy, Adam, Liz and Sheryl went to Statewide Self Advocacy Conference in Sacramento on May 3.



Kathy ~We went to Sacramento and learned from a guy named Frank. He started a recycling business. He has his own bins, gloves, and bags.



Adam ~ I liked the whole thing!



Liz ~ I liked listening to success stories: Beverly with her jewelry business, the lady with the pictures she makes into cards. If they can do it, we can do it.



Good luck to Recy*K*A*L, and thanks to SDS for helping Kathy, Adam, and Liz work toward their goal!

Donald Blair...Helping His Community

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If Donald wants to be left alone, he'll pull his hat down over his face. If there's something Donald doesn't want to do, he won't do it. He likes doors to be closed, he likes being outside, and he likes country music. Donald lets people know what he wants, and what he doesn't want.....what a great advocate!

Donald loves when his brother Steve visits him. Steve said Donald likes watching people and is very curious about things around him. Since he's been at Dungarvin and in his new home Pathways, Donald is more relaxed, alert, and happier.



Steve said Donald is not pulling his hat down over his face as much as he used to, and sometimes he even takes it completely off. Without his hat covering his eyes, Donald has more eye contact with people and is interacting more.



Donald helps his community, and he helps many others by reminding us that everyone can contribute and do meaningful work .

You may be able to get a FREE CELL PHONE

If you receive Medi-Cal or SSI, you may be eligible for a free cell phone, 250 free voice minutes per month, and 250 free texts per month. This is a federal Lifeline Assistance program. If you don't get Medi-cal or SSI, there's other ways to qualify based on your income



The free phone offer expires 6/6/13

Call 1-888-898-4888 to request an application or if you have questions.
For more info: <http://www.assurancewireless.com/public/Welcome.aspx>

Get Involved!

Political Advocacy

One way you can advocate to help people have better lives is to let legislators know what is important to you and other people who have disabilities.

Richard Fowler & Mike Keenan went to Sacramento with The Arc Solano to join other protesters about fixing the budget. Richard said the protest was led by Project SEED (they talked at a regional self advocacy meeting last year). People chanted and waved signs about getting more money for community services.

Mike said they went to Sacramento to tell legislators "Keep day programs open. Leave nonprofits alone." Mike said, "The hearing room was big. It was amazing to listen to the stories. It was exciting, it blew my mind."

Mike wanted to testify to the legislators but the lines were too long so he didn't. But as he wisely noted, "Even being seen is testimony."

* * * * *

Stephanie Hulbert, Area Board 4 Board Member, went to Sacramento to testify about a bill that says regional centers need to tell people about work options (AB 1041). In her testimony Stephanie said,

"I don't like be treated differently just because I have a disability. I have the same right to work and get paid as others do. The bill will also help me now as I want to work in an office."



Thank you to Richard, Mike, and Stephanie for your advocacy work!

A Voice for Good Jobs

By Cindy White

I was working at a sheltered workshop for about 10 years and I was making below minimum wage. I enjoyed my job and what I was doing, but I felt that I was not satisfied because my dream job was being an office clerk. I was capable of doing more than what I was doing and working independently without being supervised with someone over me.



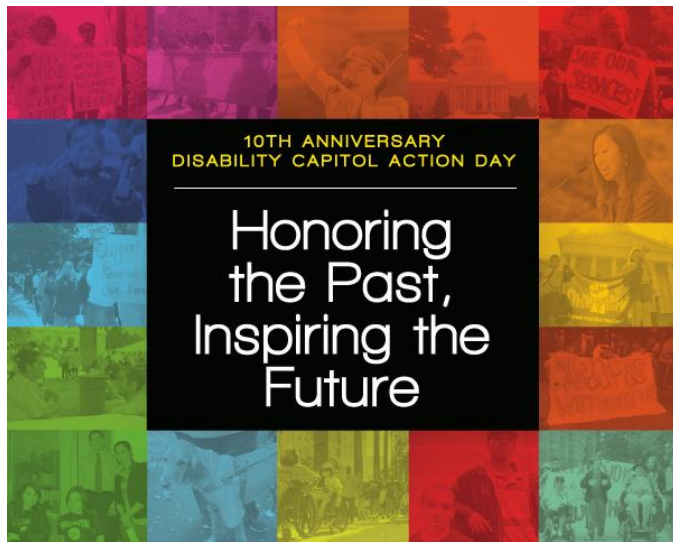
My first real job. I started working in the mid 80's for Becoming Independent for extra pocket money. I cleaned apartments for independent living adults. I knew how to clean because I cleaned during my growing up years. I wanted to work and earn money to help to pay my household bills and to go on a vacation. By me working, I grew a vision of making a living salary.

My job now is Office Occupational Clerical Clerk at Sonoma Developmental Center. It's a state job. I get good wages and good benefits. What I like best about my job is the residents, staff, helping the customers, office work, the people, my surroundings on the property, the events, and much more.

I wanted to make a difference in my life and for other people's life, be a voice for what they wanted. I joined the board of directors for Becoming Independent, the Consumer Advisory Committee (at the Department of Developmental Services), and the State Council on Developmental Disabilities Employment First Committee.

I want to get the message across to individuals that they can learn about advocating for their rights and have the life they want.

Cindy wants people to know about LEAP (Limited Examination and Appointment Program). LEAP is a way for people who have disabilities to get state jobs like Cindy's. You can get information on LEAP from the Department of Rehabilitation at the LEAP webpage: <http://jobs.ca.gov/Job/LeapFAQ> or by calling your local DR office: Napa (707) 253-4924; Solano (707) 428-2080; Sonoma (707) 576-2233



Disability Capitol Action Day!

*Wednesday May 22, 2013; 9:00am - 3:00pm
Meet at Capitol Rose Garden (15th & L St)*

Disability Capitol Action Day (DCAD) is one of the nation's largest and most diverse yearly day of cross disability and unity. In 2012 over 2000 people with disabilities and their allies came together to celebrate coalition at the State Capitol. This year we expect to see over 3000 people coming together in unity for our day at the Capitol. Participants will have the chance to honor the champions of the disability rights movement and motivate our future leaders with disabilities.

9:00am Solidarity

- Capitol Rose Garden, *corner of 15th & L Streets*
- Poster Creation Table – *make your own March sign*
- T-shirt Table – *get your complimentary DCAD 2012 shirt while supplies last*
- Pre-March Accessible Jazzercise Warm Up
- ***March to the Capitol! – beginning at 10:00am***

10:00am Resource Fair Opens

- Capitol West Lawn, *10th Street between L and N Streets*
- Information and resources for people with disabilities and our allies

11:00am Educational Rally – "Honoring the Past, Inspiring the Future"

- Musical entertainment from the "Dream Achievers"
- Celebrating 10 years of Disability Capitol Action Day and a variety of issues such as Mental Health Awareness Month & honoring the 40th anniversary of In-Home Support Services.
- Speakers from the Legislature will include the 2013 DCAD Legislative Sponsors Assembly Member Holly Mitchell and Senator Jim Beall.

12:00pm Entertainment & Lunch

- • Enjoy music provided by the "Dream Achievers" and the DCAD Stage DJ.

3:00pm Resource Fair Closes

Educating Our Legislators

Everyone is welcome to make an appointment with their legislators throughout the day.

For more info:

<http://disabilityactioncoalition.org/index.php>